



Holiday Newsletter

Holiday Massage Special

Get 10% off any massage package when you use code *HOLIDAY10*

TheraCORE massages are great holiday gifts!

www.theracorept.com/massage

Special runs from 12/10-12/23

TheraCORE is now offering CPR AED certification. This is a 2-part blended learning course. Please call Rachael at 630-590-5409 for information or to register!

Skills test date:

December 14th at Burr Ridge
\$45



American Heart Association

life is why™



DME item of the month: Biofreeze

Roll on or Tube
\$8 each (reg \$10)

Biofreeze is a topical pain relief gel used to help sore muscles and joints, back pain and arthritis. Perfect for the weekend warriors or anyone with aches and pains.



TheraCORE is hosting the 3rd annual Indoor Triathlon at the Five Seasons Family Sports Club on Sunday, February 11th, 2018. All proceeds will benefit community youth athletics. Visit our Facebook page: TheraCORE Indoor Triathlon or <https://theracoreindoortri2018.eventbrite.com> for additional information and registration!

How to TRI

Interested in doing the Indoor Tri but not sure where to start? Join us for an interactive seminar about how to train and prepare for the upcoming TheraCORE Indoor tri. Presented by Dr. Hunnius from the Smart Institute and Katie Green, DPT

December 6th at 6pm
Five Seasons Family Sports Club

NEWS

Birthdays:

Jen Bazan, DPT
12/9

Barbara Bass,
Lockport Aide
12/12

@theracorept



TheraCORE would like to wish everyone a wonderful holiday season and healthy new year!

